

SMSF Newsletter

Volume IV No.2-2009

SMSF Newsletter is a quarterly newsletter that will provide updates, announcements and notifications on SMSF activities and events.

In words of our Rev. Master,
"This publication will essentially focus on the spiritual needs of human beings, how they are being or trying to be fulfilled by the Sahaj Marg philosophy and practice ..."

Archives of these newsletters will be available on SMSF website
<http://www.sahajmarg.org/welcome/newsletter/index.html>

For suggestions on the newsletter, contact
Smsf.newsletter@sahajmarg.org

Featured in this issue

CREST: This issue provides an update on CREST, Kharagpur. It also features Sadhana Program at CREST, Bangalore

Retreat Centre: We include a report on activities of Pune Retreat Centre.

SPURS: We include a report on SPURS retreat ranch activities from April to June 2009.

Health: We cover the medical centre activities organized by Free Medical Centre at Chennai.



(above) Rev. Master inaugurating Master's cottage at CREST, Kharagpur

CREST Kharagpur: Inauguration of Master's Cottage

Anyone one who has had the opportunity and the good fortune to be involved in the Master's work, will testify that time, tide and even the weather gods turn in your favour, when it is His work done in His remembrance. A remarkable case in point is the upcoming CREST facility at Kharagpur.

In this very column we last talked about Rev Master's decision to conduct the inaugural session of CREST Kharagpur on the 14th of August 2009, and here we are on the final leg of what then appeared to be a herculean task.

On the 24th June 2009, our beloved Master inaugurated His cottage amid a small group of about 300 abhyasis. For all of us who stood there gazing at the wonderful structure on that auspicious morning, the frantic activity of the night before was unimaginable. The din and bustle of a construction site rushing to

meet a deadline, the hurried preparations of anxious volunteers, the dust and cement in the air, all magically disappeared as the sun rose on that special morning. The cacophony of the previous night made way for peace and tranquility, anxious faces had been replaced by smiles and giggles all around, and the dust had settled to reveal another beautiful abode of our Rev Master.

Surrounded by a freshly cultivated lawn, pots with flowers of every hue, and saplings of many varieties, stood the cottage, it's most striking aspect being the sit-out with a traditionally ornamented swing. A door from the sit-out leads to Master's office and another adjacent door opens straight into his private chambers. The cottage also houses two guest rooms, a dining and kitchen area and a large waiting area for visitors.

CREST Centres are resident schools where abhyasis in batches of 50-100 undergo intensive training for one month. The first CREST Centre was set up in Kaggalipura near Bangalore. The second CREST Centre is coming in Kharagpur near Kolkata.

Interested Abhyasis / Prefects may propose a subject and deliver a lecture at CREST training seminars in Bangalore. Application forms can be downloaded from <http://www.sahajmarg.org/welcome/crest/CREST-FacultyApplication.doc> and emailed to crest.faculty@sahajmarg.org.

Immediately after cutting the ceremonial ribbon, Master entered the large living room, where He garlanded the photograph of Rev Babuji Maharaj and blessed the prasadam. This was followed by the traditional boiling of milk which symbolizes the first lighting of the household fire (chulha). Master then took a detailed tour of the cottage, surveying and noticing everything in detail with an endearing sense of wonder.

After breakfast, satsangh was conducted by Master, on the floor below the planned meditation hall in what is to be the training/presentation room. After satsangh, all were advised to proceed back to Kolkata, while Rev Master chose to stay back for the night.

That evening Beloved Master taught us all a most important lesson, in his own inimitable style of leading by example:

Even with all the extra efforts made, and care taken to avoid any untoward situations during His stay, unfortunately the power system kept failing that night. Throughout His dinner and long into the night Rev Master's cottage was without power, but, not once did anyone present in the room witness

Master even briefly express his obvious discomfort.

He was at his cheerful and charming best, as he engaged everyone on the dinner table and those huddled around, in the most interesting session of anecdotes from Babuji's life and his own early days of struggle in the Mission. Later that night, he sat outside on the portico with a group of abhyasis huddled around him in the darkness and with the cool evening breeze as welcome relief. At about 10:30 PM, he finally retired to his private chambers. The next morning he left for Kolkata early.

The inauguration of Master's cottage is one milestone closest to everyone's heart and thus was it achieved. His arrival and stay that night had the effect of a tonic. Rejuvenated and refreshed by Master's visit, all concerned immediately resumed the mountain of work that needs to be finished before the inaugural session on 14th August 2009.

Even as we read this, hundreds on-site witness His will prevailing over all obstacles.

Source: Misal Mehta



(above) Master's cottage at CREST, Kharagpur

Sadhana Program at CREST Bangalore



(above) Sadhana Program delegates with the faculty

There were around 27 delegates in the Sadhana Program for Youth held from 17th Mar to 22nd Mar, 2009. Delegates represented centres from all over India, like Bhopal, Indore, Chennai, Ahmedabad, Vijayawada, Bangalore, Kuppam, Vaishali, Salem, Markapuram and Hyderabad.

Sadhana Program for Youth is a training program designed for abhyasis of 18 to 30 years age group. A good number of delegates were students, some of them graduates working in various companies. There was equal representation of sisters and brothers.

Sr. Hansa Naik [Kolkata] and Br. Ravikumar M [Hyderabad] participated in the Sadhana Program as observers. In the mornings there were classroom sessions on topics like Science and Spirituality, Sahaj Marg Practice, Personal Excellence, Role of Money in

an abhyasi's life, Effective Communication and Relationships in Life. Each morning session is of 2 hours and 15 minutes with a break in the middle. Facilitators / Faculty members come prepared with a presentation on the assigned topic. During the session delegates are free to raise queries and seek clarifications.

Afternoons were reserved for panel discussions. A panel of experts was invited to preside over the discussion. Topics of panel discussions were "Responsibility towards Family life as abhyasis", "Responsibility towards Society as Abhyasis" and "Service in the Mission can only lead to faster Spiritual Progress", held on three consecutive days. Delegates participated in the discussions with zeal, and came out openly to share their views. They listened patiently to views expressed by panel experts. The objective behind



(above) Sadhana Delegates near 'Master's tree' at Lal Bagh, Bangalore



having discussions is to let delegates express their opinions, become aware of views expressed by other delegates and to listen to the views of panel experts. Panel experts were abhyasis who have been practising Sahaj Marg for quite some time, most of them were preceptors and who are active in doing Mission's work.

The delegates were taken for an outing to Lal Bagh where they spent some time under the "Master's Tree".

Sadhana Program concluded with a valedictory function on 22nd March. Certificates and CDs containing pictures taken during the program were distributed to delegates. Delegates left for their native places with a firm conviction to be regular in their daily Sadhana and to become role models for everyone around.

In the evening from 6:30 to 7:30 delegates observed the Golden Hour of Silence which was spent in introspection on how Master has played a vital role in one's life. After dinner delegates were treated to a video show.

A day during the Sadhana Program starts at 4:45 AM with the wakeup bell and ends at 10:15 PM, following a clockwork like routine.

The program came to an end with the Valedictory function on 17th May, after which delegates bid good bye to each other with a promise to meet again at Tiruppur for Rev. Master's Birthday celebrations.

Source: Parthasarathy Patel

Report on SPURS – Apr-Jun 2009

The information on SPURS is available on the web at: <http://www.sahajmarg.org/spurs>.

Abhyasis may submit the participation requests online at <http://www.sahajmarg.org/spurs>. Once the requests are processed, abhyasis will receive a confirmation along with a welcome package that contains detailed information on the program and the facility

Please e-mail austin@sahajmarg.org for any questions or information.

"It was a lifetime opportunity at SPURS! There are no words to explain what I have felt." Words such as these spoken by a brother attending the retreat center in Austin during the second quarter of 2009 sum up what so many brothers and sisters have felt in the 22 months that the facility has been open. The number of abhyasis taking advantage of this gift of our Master is increasing. 36 abhyasis attended SPURS during this quarter: 10 sisters in April, 13 brothers in May and 13 sisters in June. In the same quarter in 2008, 25 abhyasis had come to retreat.

Also, it is indicative of how beneficial a retreat is to one's spiritual growth that a number of abhyasis have come to retreat more than once. Since September 2007, 23 abhyasis have retreated multiple times. 18 have come twice; 2, three times; and 3, four times. Some other comments made by sisters and brothers who have been at SPURS in the past three months give some idea of the inspiration that is nourished at a retreat and the depth of work that takes place there.

"I was brought up around Master and I traveled with him, but I did not take it so seriously. After reading books here it struck me how much Master has done and it came to me that I need to be more serious. I feel closer to Master after coming here. When I am around Him it is as though I lose my focus. Here I could feel Him everywhere."

"Here, even if you think outside, you go inside, unintentionally. You go deeper and deeper inside."

"This place always reminds me of my home."

"Really, I never imagined that I could sit so many times a day for so long."

"All the meditations are almost like they are when I am with Master. Here you know that He is here—you don't have to be trying to see Him."

"I never knew I could meditate with so much of interest and love. It gave me confidence."

Source: Thomas Stoner

Applying for Retreats

Abhyasis who wish to apply for retreats either at the **Malampuzha** or **Panshet** centres may find more information about these facilities and the retreat program at:

<http://www.sahajmarg.org/welcomere/retreat/index.html>

Abhyasis who wish to enroll for retreat programs may now apply online at the following URL:

<http://www.sahajmarg.org/sm/IndiaRetreatCentersApplication.do>

Please note that all applications must be verified from your local prefect, which will be facilitated through the application process.

Activities of Pune Retreat Centre

(above) A view from Pune Retreat Centre

Pune Retreat Centre hosted 35 abhyasis (including 2 overseas) from April to June 2009.

This is what some of them had to say:

- *The retreat helped in understanding the correct way of Sadhana, its infiniteness and actual goal of life. It also stressed the importance of environment and understood the meaning of duty and surrender. Got the answers to many questions.*
- *It was a wonderful experience and felt very peaceful, and unruffled. Helped in weeding out unwanted thoughts and focusing on the real goal of life.*
- *Could feel the omnipresence of the Master. Felt the divine souls in atmosphere.*
- *A home for self analysis and to reflect over one's condition.*
- *Disturbed mind becomes balanced, peaceful and felt lightness.*
- *Master's grace felt all the time. An excellent retreat to rejuvenate spiritually, physically and mentally.*
- *It helped in learning selfless love. A divine gift to carry forever in life.*

Following activities were conducted on behalf of SRCM Maharashtra:

- (a) Seminar of SMRTI coordinators & field volunteers was held on 7 June. 72 abhyasis including CICs, Coordinators, Field Volunteers attended the seminar on All India Essay Writing Event conducted in commemoration of UN International Youth Day on 12 August
- (b) Maharashtra Youth Convention 2009 (MHYC-09) was conducted on 13 and 14 June. 37 youths participated

Rev Master has also directed that in the Pune Centre, full day Satsangh held on last Sunday of the month should be at the Retreat Centre. Abhyasis are permitted to come and stay on Saturday evening.

The other important news is that with Rev Master's blessings, the accommodation at the Centre is being increased to cater for 60 more abhyasis. Two dormitories and a Dining hall for 150 have been sanctioned in addition to other additions /modifications in existing infrastructure.

The Retreat Centre will remain closed from 20 to 31st July 2009 during Utsav in Tiruppur.

Source: Br. (Gen) Dovedy

Medical Centre News

Free Medical Centres (FMC) at Manapakkam, Satkhol, Jaipur and Allahabad have been undertaking many activities towards imparting medical services to the needy. Medical Camps are regularly held in Madurai and many other centres.

Free Medical Centre - Manapakkam

FMC has served a total of 7,948 out-patients and 33 inpatients for the quarter January to March 09. Following are the details of the medical activities conducted by Free Medical Centre, Manapakkam in this period.

Department	No. of Patients	Panel of Doctors
General medicine	6093	Dr. U. Ravindran Dr. R. Sulochana Dr. K. Sudheshna. Dr. E. Ellanchelian Dr. G. Jaya Prashanthi

Speciality Clinics

Department	Patients	Panel of Doctors
Cardiology	40	Dr V. Vanaja
Dentistry	291	Dr. Swati N. Bhagat Dr. Jagadish Kumar
Dermatology	163	Dr. M. Jayaraman
Gastro-enterology	37	Dr. Manimaran
Gynaecology	149	Dr. B.Thirupura Sundari Dr. Jayanthi Mohan
Homeopathy	576	Dr. S. Balaji Jayasanker Dr. S. K. Ram Subramaniam Dr. Sudha Jagadish Dr. R.Asha Dr. N. Padma Suganya Dr. Malathi Mohan
Ophthalmology	74	Dr. Harshitha Bakshi
Paediatrics	205	Dr. B.I. Sasirekha Dr. M.Umakanthan
Physiotherapy	44	Dr. Ramesh.R
Psychiatry	25	Dr. A.P. Mythili
Pulmonology	219	Dr. G. Raja Amarnath
Urology	32	Dr. Sanjay Sharma
Total	1855	

Staff	Nursing Assistants	Volunteers
S. Meenakshi (Pharmacist) S.Thangam (House-keeping)	G. Nalini Rebecca Agnes	V.Rajapurna A Radhamani M Jayanthi A Radhakrishnan

Source: Br. Dr. Ravindran Ulaganathan

Free Medical camp at Madurai

	Male	Female	Children	Total
New Cases	11	38	18	67
Old Cased	104	204	80	388
Total	115	242	98	455



(left) Pictures from Free Medical Camp at Madurai



Source: P.Palaniappan, SRCM, Madurai.

Sahaj Marg Physicians Group (SMPG)

SMPG is an initiative involving physicians, medical students, residents, nurses and others in the medical community to offer medical services to the needy through SMSF Medical Centers. As part of this initiative, a database of names of the physicians from all branches of medicine has been completed. A group email address has been set up - smpg@sahajmarg.info.

Source and SMPG Contact is Murthy Gokula (rgokula@hotmail.com or murthyg@msu.edu).

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